Introduction to Mindfulness

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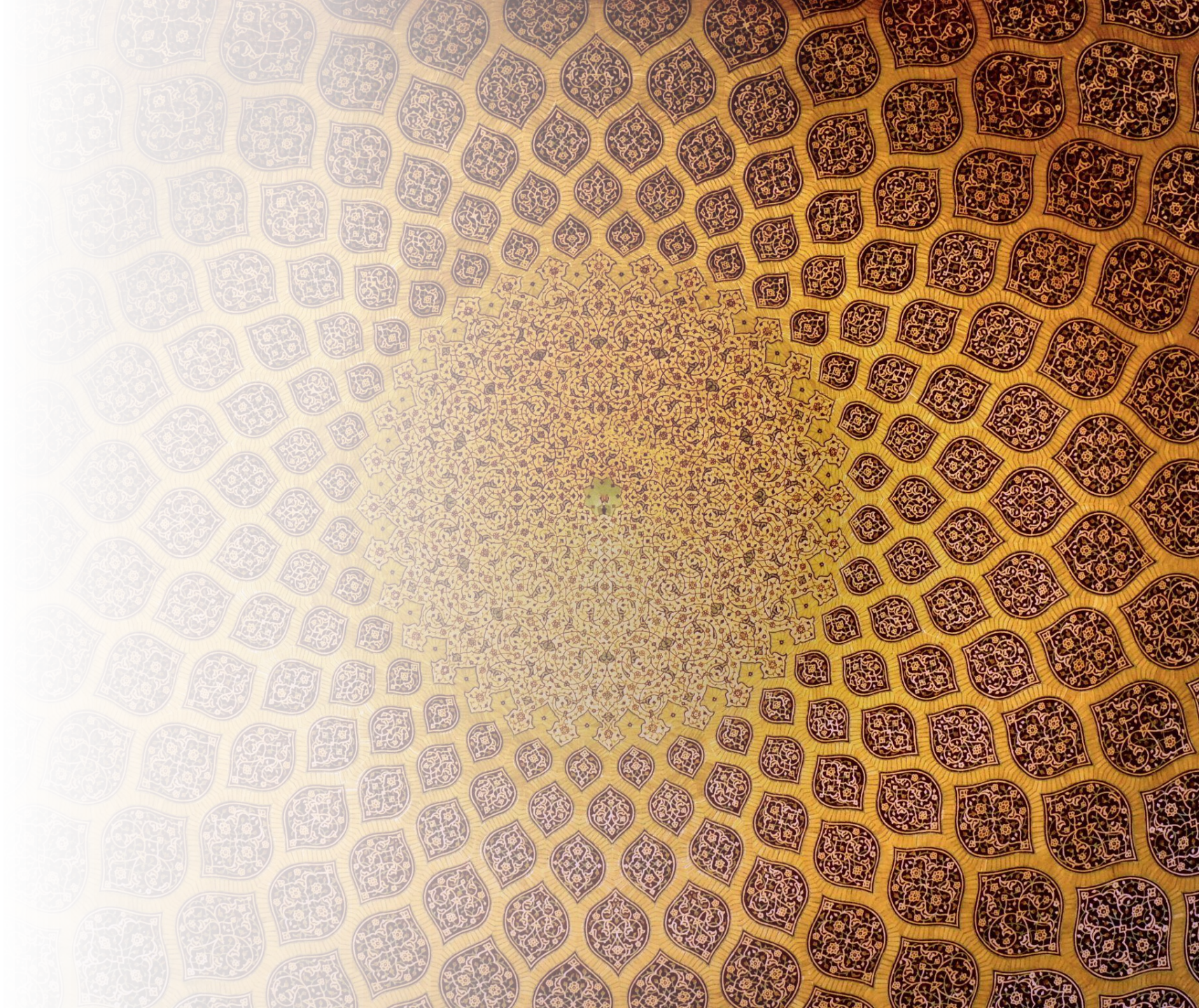
Mindfulness is Divine

- Almighty instructs Prophet Muhammad *pbuh* and to all followers of the Ibrahimic faith, "To use *Hikmat* in your transactions (Preaching)".
- In other words, be sensitive to the interests and positions of your addressees while communicating with them.



Definition[1]

- Mindfulness is awareness of one's internal states and surroundings.
- Mindfulness can help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.

[1]Source: American Psychological Association

Opposite of Mindfulness

- Ignorance
- Apathy
- Insensitivity
- Detached

Winning Characteristics of Mindful Persons

- Build enriching relationships
- Give value, understand emotions and respect rights
- Develop informed perception of the situation, things and people
- Make reasonable conclusions
- Make effective decisions
- Resolve problems amicably

Essentials of Mindfulness

KNOW THY SELF

- We often process received information
  - At the emotional level, and
  - Cognitive level
- That said, the degree of self awareness about one's emotions and cognitive process is crucial for a rational response in a given situation.
  - Do I know my impulses, feelings, bias, etc.?
  - Do I know my thought process?

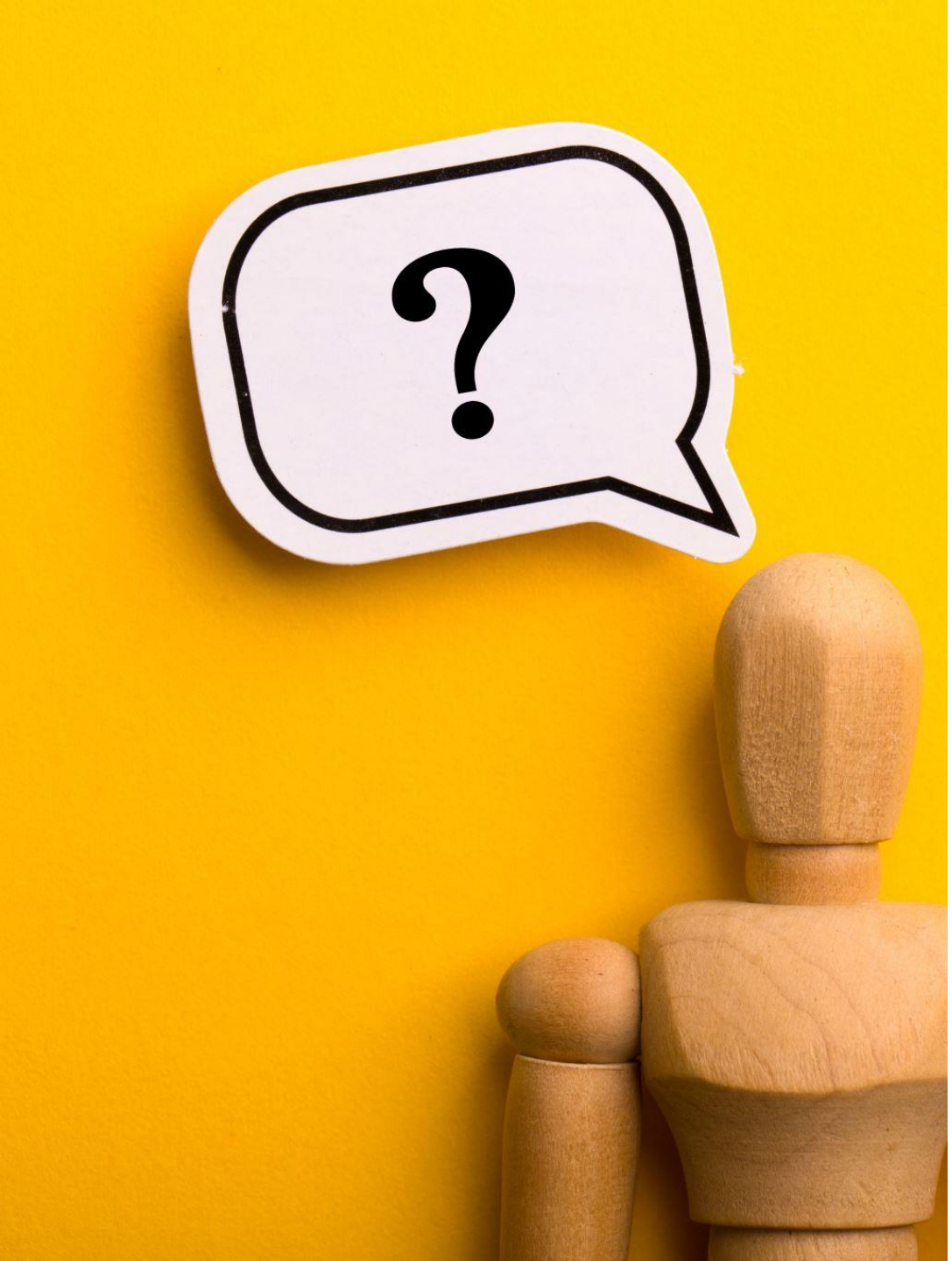
Essentials of Mindfulness

KNOW THY SURROUNDINGS

- Who is saying it and how he said it, often eclipse “What is said” – read between the lines
- That said, we would lack empathy
  - If we carry bias for the person who is saying it
  - If we hear but listen not information and the emotions too
  - If we make rather spontaneous judgements without pondering upon the prevailing conditions and cues in our surroundings

Essentials of Mindfulness

- Dos.
  - Know your interest and position clearly
  - Harness your emotions
  - Learn to think objectively
  - Gather maximum information
  - Respect others interest and position
  - Be sensitive to others – empathize
  - Act with reason
  - Communicate clearly

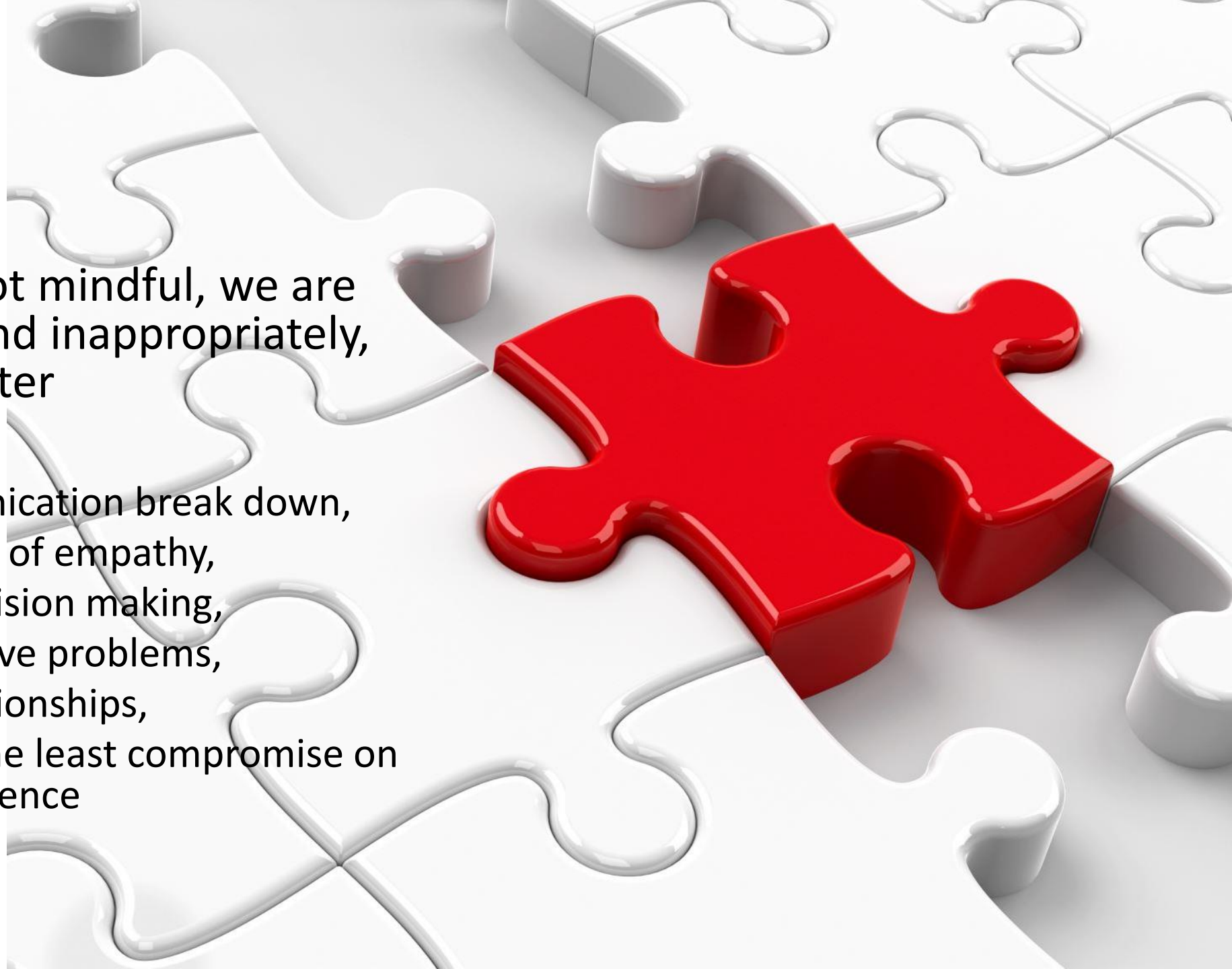


Essentials of Mindfulness

- Don’ts.
  - Avoid jumping to conclusions
  - Don't let your emotions hijack your mind
  - Don't let other persons dominate your thinking
  - Don't settle down with given but insufficient information

Conclusion

- When we are not mindful, we are bound to respond inappropriately, only to regret later
- And we cause…
  - Major communication break down,
  - Apathy instead of empathy,
  - Ineffective decision making,
  - Failure to resolve problems,
  - Damaged relationships,
  - Last, but not the least compromise on personal excellence



Thank you, hope you found it useful!